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Consumer

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Sensible Nutrition

Books, Book Chapters

The following books and book chapters are divided into three categories: general nutrition, general health, and cookbooks.

General Nutrition (in order by year)

Eating Leaner and Lighter. David G. Schardt. New York, NY: Warner Books. 1994. 256 pp.

Fight Fat & Win! Updated and Revised Edition. Elaine Moquette-Magee. Minneapolis, MN: DCI Publishing, Inc. 1994. 330 pp.

Nutrition Concepts and Controversies. 6th ed. Eva May Nunnelley Hamilton, Eleanor Noss Whitney, and Frances Sienkiewicz Sizer. St. Paul, MN: West Publishing Company. 1994. 601 pp.

"Basic Nutrition Concepts," "Cardiovascular Disease," and "Cancer." In: *Consumer Health: A Guide to Intelligent Decisions.* Harold J. Cornacchia and Stephen Barrett. St. Louis: Mosby. 1993. pp. 227-251, 353-375, 388-408.

The Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies. 3rd ed. Varro E. Tyler. Binghamton, NY: Pharmaceutical Products Press. 1993. 375 pp.

Nutrition for Women: The Complete Guide. Elizabeth Somer. New York: H. Holt, 1993. 475 pp.

Realities of Nutrition. 2nd ed. Ronald M. Deutsch and Judi S. Morrill. Palo Alto, CA: Bull Publishing Co. 1993. 594 pp.

The Supermarket Diet: How Food Labels Can Help You Eat Healthfully and Control Your Weight. Valerie A. George and Richard N. Nathanson. 1993. 224 pp.

The University of California San Diego Nutrition Book. Paul Saltman, Joel Gurin, and Ira Mothner. Boston: Little, Brown and Company. 1993. 384 pp.

Eat for Life: The Food and Nutrition Board's Guide to Reducing Your Risk of Chronic Disease. Catherine E. Woteki and Paul R. Thomas (eds.). Washington, DC: National Academy Press. 1992. 179 pp.

Eating on the Run. 2nd ed. Evelyn Tribole. Champaign, IL: Leisure Press. 1992. 241 pp.

The Real Life Nutrition Book: Making the Right Food Choices Without Changing Your Life-Style. Susan Finn and Linda Stern Kass. New York, NY: Penguin Books. 1992. 389 pp.

Taking the Fear out of Eating: A Nutritionists' Guide to Sensible Food Choices. Charlotte R. Gallagher and John B. Allred. New York, NY: Cambridge University Press. 1992. 299 pp.

The Wellness Encyclopedia of Food and Nutrition. Sheldon Margen and the Editors of the University of California at Berkeley Wellness Letter. New York: Rebus. 1992. 512 pp.

General Health (in order by year)

Consumer Health: A Guide to Intelligent Decisions. Harold J. Cornacchia and Stephen Barrett. In particular, "Separating Fact from Fiction" (pp. 34-52), "Frauds and Quackery" (pp. 53-63), and "Nutrition Fads, Fallacies, and Scams" (pp. 263-284). St. Louis: Mosby. 1993. 677 pp.

The Health Robbers: A Close Look at Quackery in America. Stephen Barrett and William T. Jarvis (eds.). Buffalo, NY: Prometheus Books. 1993. 526 pp.

Reader's Guide to Alternative Health Methods. John F. Zwicky, Arthur W. Hafner, Stephen Barrett, and William T. Jarvis. Chicago, IL: American Medical Association. 1993. 348 pp.

Cookbooks (in order by year)

100% Pleasure: From Appetizers to Desserts, the Low-Fat Cookbook for People Who Love to Eat. Nancy Baggett and Ruth Glick. Emmaus, PA: Rodale Press. 1994. 370 pp.

Cooking Light 1994. Annual Cookbook. Birmingham, AL: Oxmoor House. 1994. 272 pp.

Indian Light Cooking: Delicious and Healthy Food from One of the World's Great Cuisines. Ruth Law. New York: Donald I. Fine, Inc. 1994. 368 pp.

Lean Italian Cooking. Anne Casale. New York: Fawcett Columbine. 1994. 206 pp.

The American Heart Association Cookbook. 5th ed. abridged. New York: Random House Large Print in association with Time Books. 1993. 651 pp.

Betty Crocker's New Choices Cookbook. 1st ed. Betty Crocker. New York: Prentice Hall. 1993. 442 pp.

Down Home Healthy: Family Recipes of Black American Chefs. Leah Chase and Johnny Rivers. National Cancer Institute, National Institutes of Health, Public Health Service, U.S. Dept. of Health and Human Services. NIH Publication No. 93-3408. 1993. Available from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. (202) 783-3238.

The Lowfat Jewish Vegetarian Cookbook: Healthy Traditions from Around the World. Debra Wasserman. Baltimore, MD: The Vegetarian Resource Group. 1993. 224 pp.

The Low-Fat Way to Cook. Lisa A. Hooper, ed. Birmingham, AL: Oxmoor House. 1993. 256 pp.

Skinny Beef. Marlys Bielunski, Susan Lamb Parenti, and Irene Yeh. Chicago: Surrey Books. 1993. 208 pp.

Lean and Luscious and Meatless. Bobbie Hinman and Millie Snider. Rocklin, CA: Prima Publishing. 1992. 463 pp.

What's Cooking at the Cooper Clinic: Our Best Recipes for Your Best Health. Dallas, TX: The Nutrition Department of the Cooper Clinic. 1992. 228 pp.

Betty Crocker's Low-Fat, Low-Cholesterol Cookbook. New York: Prentice Hall Press. 1991. 221 pp.

The Chez Eddie Living Heart Cookbook. Antonio M. Gotto, Helen Roe, and the Staff of Chez Eddy Restaurant of the Methodist Hospital System. New York: Simon and Schuster. 1991. 310 pp.

The Fast Food Diet: Quick and Healthy Eating at Home and on the go. Mary Donkersloot. New York: Simon and Schuster. 1991. 269 pp.

The Joy of Snacks: Good Nutrition for People Who like to Snack. Nancy Cooper. Minneapolis, MN: DCI Publishing. 1991. 285 pp.

Quick and Healthy: Recipes and Ideas for People Who Say They Don't Have Time to Cook Healthy Meals. Brenda J. Ponichtera. The Dalles, OR: ScaleDown. 1991. 261 pp.

Magazines and Newsletters (in alphabetical order)

Cooking Light. Southern Living, Inc., P.O. Box C-549, Birmingham, AL 35282-9990. (800) 336-0125.

Eating Well: The Magazine of Food and Health. P.O. Box 1001, Charlotte, VT 06446. (800) 344-3350.

Environmental Nutrition. P.O. Box 420451, Palm Coast, FL 32142-0451. (800) 829-5384.

Nutrition Action Health Letter. Center for Science in the Public Interest (CSPI), 1875 Connecticut Avenue, NW, Suite 300, Washington, DC 20009-5728. (202) 332-9110.

Tufts University Diet and Nutrition Letter. P.O. Box 57857, Boulder, CO 80322-7857. (800) 274-7581.

University of California, Berkeley Wellness Letter. Wellness Letter, Subscription Department, P.O. Box 420148, Palm Coast, FL 32142.

Booklets/Pamphlets (in order by year)

Ten Tips to Healthy Eating (updated). 1994. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

Making Healthy Food Choices. 1993. Human Nutrition Information Service, United States Department of Agriculture. *Home and Garden Bulletin* Number 250. Available from the U.S. Department of Agriculture, Human Nutrition Information Service, 6505 Belcrest Road, Hyattsville, MD 20782. (301) 436-3478.

An Introduction to the New Food Label. 1993. Department of Health and Human Services, U.S. Department of Agriculture, and the Food and Drug Administration. Single copy available from the FDA, (HFE-88), 5600 Fishers Lane, Rockville, MD 20857. (800) FDA-4010.

Eating Right with the Dietary Guidelines. 1992. U.S. Department of Agriculture, U.S. Department of Health and Human Services, and the Food Marketing Institute. Available from the Consumer Information Center, Pueblo, CO 81009. (719) 948-3334.

"Fast and Easy Fruits & Vegetables for Busy People" (1992, NIH Publication No. 93-3247), "Easy Entertaining With Fruits & Vegetables" (1992, NIH Publication No. 92-3249) and "Eat More Fruits & Vegetables" (1991, NIH Publication No. 92-3248) from the *5 a Day-For Better Health* series, U.S. Department of Health and Human Services: Public Health Service and National Institutes of Health. Available from the National Cancer Institute at (800) 4-CANCER.

The Food Guide Pyramid. 1992. Human Nutrition Information Service, United States Department of Agriculture. *Home and Garden Bulletin* Number 252. Available from the U.S. Department of Agriculture, Human Nutrition Information Service, 6505 Belcrest Road, Hyattsville, MD 20782. (301) 436-3478.

How to Steer Your Family to Healthier Eating. 1992. Metropolitan Life Foundation. Available from MetLife, Health & Safety Education (16UV), One Madison Avenue, New York, NY 10010-3690. (212) 578-3372.

Skimming the Fat: A Practical Food Guide. 1992. 32 pp. Available from The American Dietetic Association, 216 West Jackson Boulevard, Suite 800, Chicago, IL 60606-6995. (800) 877-1600, ext. 5000.

"Cooking Solo" (1991, 34 pp.), "No Time to Cook" (1990, 44 pp.) and "Sneak Health Into Your Snacks" (1990, 23 pp.) from the *AICR Information Series*. Available from the American Institute for Cancer Research, Attn: Publications Department, Washington, D.C. 20069-2012. (800) 843-8114.

Women and Nutrition: A Menu of Special Needs. Reprint. Dori Stehlin. Office of Public Affairs, FDA, Public Health Service, Department of Health and Human Services. DHHS Publication No. (FDA) 91-2247. Available from the Office of Public Affairs, FDA, 5600 Fishers Lane, Rockville, MD 20857. (800) FDA-4010.

Contacts for Assistance

Local Contacts (listed in the telephone directory)

Ask for the:

American Cancer Society (local or regional chapter)	Educator
American Heart Association (county or state)	Registered Dietitian
Cooperative Extension (county or state)	Service Home Economist
Dietetic Association (state or regional chapter)	Dietitian
Health Department (city, county, state)	Public Health Nutritionist
Hospital	Dietitian
Nutrition Consultant	Registered Dietitian, Licensed Nutritionist, or Licensed Dietitian

National Contacts

The American Dietetic Association (ADA), National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655; Chicago Area (312) 899-4853.

American Institute for Cancer Research (AICR), 1759 R Street, NW, Washington, DC 20009. (800) 843-8114. Washington, DC Metropolitan area: (202) 328-7744.

Center for Science in the Public Interest (CSPI), 1875 Connecticut Avenue, NW, Suite 300, Washington, DC 20009-5728. (202) 332-9110.

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

National Council Against Health Fraud, Inc., P.O. Box 1276, Loma Linda, CA 92354. (909) 824-4690.

National Heart, Lung, and Blood Institute (NHLBI) Information Center, 4733 Bethesda Avenue, Suite 530, Bethesda, MD 20814-4820. (301) 251-1222.

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

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